

CLAIMS

Having thus described my invention, I claim:

- 1 **1.** A timing pad comprising:
2 a compressible material of a predetermined shape having a substantially planar
3 bottom, a top, and a perimeter;
4 an external reset button on the side electrically connected to an internal battery
5 located above the bottom;
6 an internal weight sensor located between the top and the bottom electrically
7 connected to said internal battery;
8 an internal stop watch-like timer in the upper portion visible from the top
9 electrically connected to said internal battery and said weight sensor; and
10 an internal weight sensor area below the top.

- 1 **2.** A timing pad according to claim 1, wherein said weight sensor activates said timer
2 when weight is removed from said weight sensor area.

- 1 **3.** A timing pad according to claim 1, wherein said weight sensor stops said timer
2 when weight is re-applied to said weight sensor area.

- 1 **4.** A timing pad according to claim 1, wherein said reset button resets said timer to
2 zero when pressed.

1 5. A timing pad according to claim 1, wherein said battery is replaceable.